

HYROX

THE CAMP

AT PLAYITAS RESORT

CAMP DAY

	01	02	03	04	05	06	07	08
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ARRIVALS		RUNNING SESSION WODBOX	SKI/ROW-ERG TRAINING WODBOX	LIGHTHOUSE RUN 13KM PLAZA RAMBLA	HYROX STATION WORKSHOP WODBOX	OPEN TRAINING WODBOX	HYROX SIMULATION WODBOX	DEPARTURES
		THEORY ATHLETIC DEVELOPMENT CONFERENCE	ERG MASTERCLASS WODBOX	HYROX RACE STRATEGY & TIPS DA LUIGI	THEORY PLANNING TRAINING CONFERENCE	HYDROX OLYMPIC POOL		
WELCOME MEET + GIVEAWAYS DA LUIGI		HYROX STATION WORKSHOP WODBOX	HYROX TRAINING WODBOX	SLED & WEIGHT TRAINING WODBOX	HYROX TRAINING WODBOX	YOGA YOGA SHALA	AFTER WORKOUT DA LUIGI	
		PLAYITAS OFFICIAL HYROX TRAINING WODBOX		PLAYITAS OFFICIAL HYROX TRAINING WODBOX		PLAYITAS OFFICIAL HYROX TRAINING WODBOX		
06:00-20:00 OPEN GYM	06:00-20:00 OPEN GYM	06:00-20:00 OPEN GYM	06:00-20:00 OPEN GYM	06:00-20:00 OPEN GYM	06:00-20:00 OPEN GYM	06:00-20:00 OPEN GYM	06:00-20:00 OPEN GYM	06:00-20:00 OPEN GYM
		THEME NIGHT HOTEL RESTAURANT & PALAPA BAR		THEME NIGHT HOTEL RESTAURANT & PALAPA BAR			TROPICAL PARTY PALAPA BAR	

